

# Key Numbers Report

01 Jul 19 - 31 Jul 19



Date Range: 01 Jul 19 - 31 Jul 19

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Danielle Cheyney	22	<b>Mins:</b>	05:37	06:01	04:58	04:43	05:46	02:02	<b>29:07</b>	11,381	191	66%
		<b>MEPs:</b>		361	596	849	1,384	488	<b>3,678</b>			
Paul Peplow	15	<b>Mins:</b>	02:10	02:26	04:30	07:34	04:51	01:25	<b>22:56</b>	18,646	189	71%
		<b>MEPs:</b>		146	540	1,362	1,164	340	<b>3,552</b>			
Darren Moody	15	<b>Mins:</b>	01:17	01:42	03:20	06:27	06:34	00:43	<b>20:03</b>	16,577	182	73%
		<b>MEPs:</b>		102	400	1,161	1,576	172	<b>3,411</b>			
Ben Graham-Evans	24	<b>Mins:</b>	27:29	08:11	04:53	06:25	03:59	00:17	<b>51:14</b>	18,451	193	52%
		<b>MEPs:</b>		491	586	1,155	956	68	<b>3,256</b>			
Connor Gale	17	<b>Mins:</b>	58:58	25:16	05:15	01:30	01:59	00:50	<b>93:48</b>	20,033	206	48%
		<b>MEPs:</b>		1,516	630	270	476	200	<b>3,092</b>			
Duncan Bartlett	14	<b>Mins:</b>	02:11	04:32	02:54	02:17	05:52	02:25	<b>20:11</b>	14,924	198	70%
		<b>MEPs:</b>		272	348	411	1,408	580	<b>3,019</b>			
Helen Geering	20	<b>Mins:</b>	06:56	07:46	08:27	05:44	02:03	00:03	<b>30:59</b>	9,525	167	60%
		<b>MEPs:</b>		466	1,014	1,032	492	12	<b>3,016</b>			
Tim Donovan	8	<b>Mins:</b>	02:59	04:50	03:43	05:30	04:04	00:39	<b>21:45</b>	14,266	175	66%
		<b>MEPs:</b>		290	446	990	976	156	<b>2,858</b>			
Eliza Thomsom	22	<b>Mins:</b>	02:42	03:38	05:56	06:08	03:22	00:01	<b>21:47</b>	9,036	189	66%
		<b>MEPs:</b>		218	712	1,104	808	4	<b>2,846</b>			
Andy Beadsworth	8	<b>Mins:</b>	02:21	05:02	02:57	02:13	06:28	00:46	<b>19:47</b>	14,531	172	68%
		<b>MEPs:</b>		302	354	399	1,552	184	<b>2,791</b>			
Amanda Mansell	13	<b>Mins:</b>	01:01	04:20	04:56	03:09	03:41	01:59	<b>19:06</b>	9,437	190	70%
		<b>MEPs:</b>		260	592	567	884	476	<b>2,779</b>			
Leyon Joseph	18	<b>Mins:</b>	09:24	05:18	04:53	05:13	03:28	00:24	<b>28:40</b>	13,604	177	60%
		<b>MEPs:</b>		318	586	939	832	96	<b>2,771</b>			
Megan Fox	14	<b>Mins:</b>	04:08	04:00	04:29	02:56	03:25	02:22	<b>21:20</b>	9,033	200	66%
		<b>MEPs:</b>		240	538	528	820	568	<b>2,694</b>			
Michael Leevy	25	<b>Mins:</b>	06:43	07:12	07:50	03:40	02:24	00:16	<b>28:05</b>	14,760	180	60%
		<b>MEPs:</b>		432	940	660	576	64	<b>2,672</b>			

Elaine Smith	14	<b>Mins:</b>	01:05	03:17	03:40	03:49	03:09	02:22	<b>17:22</b>	9,051	193	71%
		<b>MEPs:</b>		197	440	687	756	568	<b>2,648</b>			
Anne Harper	12	<b>Mins:</b>	01:24	05:43	06:29	04:38	02:43	00:05	<b>21:02</b>	7,206	168	65%
		<b>MEPs:</b>		343	778	834	652	20	<b>2,627</b>			
Lorraine Clode	11	<b>Mins:</b>	01:05	03:03	01:32	02:08	05:08	01:24	<b>14:20</b>	6,701	175	72%
		<b>MEPs:</b>		183	184	384	1,232	336	<b>2,319</b>			
Ross Edwards	18	<b>Mins:</b>	02:56	04:05	04:40	02:36	02:08	01:48	<b>18:13</b>	12,168	197	65%
		<b>MEPs:</b>		245	560	468	512	432	<b>2,217</b>			
Annmarie Cooper	12	<b>Mins:</b>	06:34	05:42	03:43	03:48	02:44	00:18	<b>22:49</b>	6,452	167	60%
		<b>MEPs:</b>		342	446	684	656	72	<b>2,200</b>			
Lyndsey kirkland	21	<b>Mins:</b>	11:04	08:23	03:35	02:25	02:25	01:02	<b>28:54</b>	7,360	188	56%
		<b>MEPs:</b>		503	430	435	580	248	<b>2,196</b>			
Emma Paxton	16	<b>Mins:</b>	04:04	03:54	03:32	03:22	03:00	00:51	<b>18:43</b>	7,682	189	64%
		<b>MEPs:</b>		234	424	606	720	204	<b>2,188</b>			
Sarah O'Callaghan	14	<b>Mins:</b>	04:52	04:15	03:37	03:42	03:17	00:10	<b>19:53</b>	8,023	193	62%
		<b>MEPs:</b>		255	434	666	788	40	<b>2,183</b>			
Sarah desty	15	<b>Mins:</b>	00:15	01:48	04:36	06:13	01:39	00:00	<b>14:31</b>	8,531	190	69%
		<b>MEPs:</b>		108	552	1,119	396	0	<b>2,175</b>			
GARY Spicer	19	<b>Mins:</b>	05:42	08:26	08:02	02:44	00:44	00:01	<b>25:39</b>	12,162	180	58%
		<b>MEPs:</b>		506	964	492	176	4	<b>2,142</b>			
Kathleen Charles	12	<b>Mins:</b>	00:01	00:46	03:47	07:32	01:08	00:03	<b>13:17</b>	4,912	167	71%
		<b>MEPs:</b>		46	454	1,356	272	12	<b>2,140</b>			
Kira Baker	20	<b>Mins:</b>	03:27	09:06	08:36	02:17	00:29	00:00	<b>23:55</b>	8,603	174	59%
		<b>MEPs:</b>		546	1,032	411	116	0	<b>2,105</b>			
Karen Gale	16	<b>Mins:</b>	02:30	02:39	03:29	02:42	03:18	00:58	<b>15:36</b>	7,126	192	67%
		<b>MEPs:</b>		159	418	486	792	232	<b>2,087</b>			
Emma Francis	15	<b>Mins:</b>	02:30	02:40	03:13	02:06	03:32	01:10	<b>15:11</b>	6,582	187	68%
		<b>MEPs:</b>		160	386	378	848	280	<b>2,052</b>			
Lee Cooper	11	<b>Mins:</b>	00:10	00:59	03:17	04:46	02:34	00:18	<b>12:04</b>	8,969	180	72%
		<b>MEPs:</b>		59	394	858	616	72	<b>1,999</b>			
Kate Bartlett	14	<b>Mins:</b>	02:17	06:32	03:29	02:32	02:29	00:21	<b>17:40</b>	6,349	173	63%
		<b>MEPs:</b>		392	418	456	596	84	<b>1,946</b>			
pene colwell	11	<b>Mins:</b>	00:43	02:11	02:54	02:49	02:39	01:19	<b>12:35</b>	5,383	169	71%
		<b>MEPs:</b>		131	348	507	636	316	<b>1,938</b>			

Karen Spicer	14	<b>Mins:</b> <b>MEPs:</b>	06:30 131	02:11 286	02:23 708	03:56 812	03:23 0	00:00 <b>18:23</b> <b>1,937</b>	6,318	172	59%
Nina Savage	10	<b>Mins:</b> <b>MEPs:</b>	06:53 593	09:53 642	05:21 351	01:57 200	00:50 92	00:23 <b>25:17</b> <b>1,878</b>	6,296	178	56%
Charni Grant	15	<b>Mins:</b> <b>MEPs:</b>	18:08 494	08:14 786	06:33 411	02:17 160	00:40 4	00:01 <b>35:53</b> <b>1,855</b>	6,416	173	50%
Paul Nichols	11	<b>Mins:</b> <b>MEPs:</b>	01:36 298	04:58 416	03:28 495	02:45 536	02:14 108	00:27 <b>15:28</b> <b>1,853</b>	9,410	168	65%
George Mayes	19	<b>Mins:</b> <b>MEPs:</b>	04:28 578	09:38 476	03:58 438	02:26 220	00:55 92	00:23 <b>21:48</b> <b>1,804</b>	6,664	186	58%
Emily Payne	19	<b>Mins:</b> <b>MEPs:</b>	07:16 337	05:37 344	02:52 549	03:03 500	02:05 0	00:00 <b>20:53</b> <b>1,730</b>	5,969	165	57%
Sharon Gallagher	5	<b>Mins:</b> <b>MEPs:</b>	00:20 200	03:20 452	03:46 753	04:11 300	01:15 0	00:00 <b>12:52</b> <b>1,705</b>	4,540	160	67%
Boo Donovan	7	<b>Mins:</b> <b>MEPs:</b>	00:04 47	00:47 498	04:09 582	03:14 428	01:47 108	00:27 <b>10:28</b> <b>1,663</b>	5,040	182	72%
Richard Thornber	10	<b>Mins:</b> <b>MEPs:</b>	02:30 159	02:39 244	02:02 465	02:35 720	03:00 60	00:15 <b>13:01</b> <b>1,648</b>	8,665	181	65%
Steve Gale	20	<b>Mins:</b> <b>MEPs:</b>	04:11 393	06:33 708	05:54 462	02:34 80	00:20 4	00:01 <b>19:33</b> <b>1,647</b>	9,542	173	58%
Matthew Guille	11	<b>Mins:</b> <b>MEPs:</b>	01:23 149	02:29 384	03:12 456	02:32 388	01:37 252	01:03 <b>12:16</b> <b>1,629</b>	6,784	151	67%
Melissa Beadsworth	11	<b>Mins:</b> <b>MEPs:</b>	01:15 129	02:09 222	01:51 336	01:52 584	02:26 352	01:28 <b>11:01</b> <b>1,623</b>	4,256	169	70%
carl jenks	10	<b>Mins:</b> <b>MEPs:</b>	08:16 242	04:02 278	02:19 297	01:39 724	03:01 72	00:18 <b>19:35</b> <b>1,613</b>	8,514	177	57%
Mark Mayes	25	<b>Mins:</b> <b>MEPs:</b>	08:34 208	03:28 474	03:57 582	03:14 212	00:53 20	00:05 <b>20:11</b> <b>1,496</b>	6,690	159	55%
Lissie Cervenka	11	<b>Mins:</b> <b>MEPs:</b>	01:17 102	01:42 230	01:55 378	02:06 504	02:06 280	01:10 <b>10:16</b> <b>1,494</b>	5,104	192	70%
neil kirkland	11	<b>Mins:</b> <b>MEPs:</b>	04:32 286	04:46 354	02:57 342	01:54 284	01:11 196	00:49 <b>16:09</b> <b>1,462</b>	8,278	183	60%
Katie Cumming	10	<b>Mins:</b> <b>MEPs:</b>	01:00 117	01:57 240	02:00 450	02:30 424	01:46 200	00:50 <b>10:03</b> <b>1,431</b>	5,048	196	69%

Sandy Saunders	7	<b>Mins:</b> <b>MEPs:</b>	02:26 124	02:04 248	02:04 248	02:39 477	01:45 420	00:39 156	<b>11:37</b> <b>1,425</b>	6,647	191	65%
Liam Phillips	9	<b>Mins:</b> <b>MEPs:</b>	00:14 70	01:10 276	02:18 276	02:25 435	02:13 532	00:23 92	<b>08:43</b> <b>1,405</b>	5,918	181	71%
Ian Southwell	7	<b>Mins:</b> <b>MEPs:</b>	00:27 77	01:17 318	02:39 318	03:34 642	01:24 336	00:06 24	<b>09:27</b> <b>1,397</b>	6,341	158	69%
Marisa Lamb	12	<b>Mins:</b> <b>MEPs:</b>	03:35 109	01:49 236	01:58 236	02:15 405	01:53 452	00:41 164	<b>12:11</b> <b>1,366</b>	4,448	190	62%
Richard Marrington	10	<b>Mins:</b> <b>MEPs:</b>	02:22 145	02:25 250	02:05 250	02:24 432	02:14 536	00:00 0	<b>11:30</b> <b>1,363</b>	6,420	159	64%
Josh Bryan	9	<b>Mins:</b> <b>MEPs:</b>	01:56 150	02:30 244	02:02 244	01:38 294	01:53 452	00:53 212	<b>10:52</b> <b>1,352</b>	7,394	199	66%
Kate Graham-Evans	12	<b>Mins:</b> <b>MEPs:</b>	05:47 339	05:39 458	03:49 458	02:28 444	00:27 108	00:00 0	<b>18:10</b> <b>1,349</b>	5,358	174	56%
John Moreton	13	<b>Mins:</b> <b>MEPs:</b>	02:56 258	04:18 466	03:53 466	02:51 513	00:24 96	00:00 0	<b>14:22</b> <b>1,333</b>	9,916	136	59%
Holly Beadsworth	9	<b>Mins:</b> <b>MEPs:</b>	00:19 138	02:18 342	02:51 342	02:47 501	01:25 340	00:01 4	<b>09:41</b> <b>1,325</b>	4,523	180	67%
Sue Davis	7	<b>Mins:</b> <b>MEPs:</b>	09:54 143	02:23 234	01:57 234	01:07 201	02:15 540	00:51 204	<b>18:27</b> <b>1,322</b>	4,023	177	55%
Beth Ross	7	<b>Mins:</b> <b>MEPs:</b>	00:17 65	01:05 212	01:46 212	01:25 255	02:07 508	01:10 280	<b>07:50</b> <b>1,320</b>	4,351	196	74%
Hayley SK	6	<b>Mins:</b> <b>MEPs:</b>	06:44 198	03:18 294	02:27 294	01:21 243	01:47 428	00:35 140	<b>16:12</b> <b>1,303</b>	4,858	203	57%
Inez Daly	8	<b>Mins:</b> <b>MEPs:</b>	00:49 189	03:09 324	02:42 324	02:27 441	01:18 312	00:09 36	<b>10:34</b> <b>1,302</b>	4,304	178	65%
Jane Ansell	9	<b>Mins:</b> <b>MEPs:</b>	03:27 351	05:51 454	03:47 454	02:17 411	00:21 84	00:00 0	<b>15:43</b> <b>1,300</b>	2,586	135	58%
Clare Longman	7	<b>Mins:</b> <b>MEPs:</b>	02:30 180	03:00 382	03:11 382	01:25 255	01:11 284	00:32 128	<b>11:49</b> <b>1,229</b>	3,406	172	62%
Lou Barrow	8	<b>Mins:</b> <b>MEPs:</b>	01:20 110	01:50 250	02:05 250	01:39 297	01:49 436	00:24 96	<b>09:07</b> <b>1,189</b>	3,282	170	67%
Ellen Shearon	12	<b>Mins:</b> <b>MEPs:</b>	00:45 186	03:06 500	04:10 500	01:39 297	00:41 164	00:06 24	<b>10:27</b> <b>1,171</b>	2,971	161	63%

Louise O'Connor	9	<b>Mins:</b> <b>MEPs:</b>	02:27	01:39	01:28	01:41	02:11	00:17	<b>09:43</b> <b>1,170</b>	3,112	170	64%
Clare Turner	7	<b>Mins:</b> <b>MEPs:</b>	05:36	04:49	02:34	01:24	00:57	00:12	<b>15:32</b> <b>1,125</b>	3,414	172	56%
Mark Gulliford	8	<b>Mins:</b> <b>MEPs:</b>	00:16	00:41	02:05	03:15	00:59	00:01	<b>07:17</b> <b>1,116</b>	6,172	174	70%
wendy Merrett	5	<b>Mins:</b> <b>MEPs:</b>	01:01	00:59	00:29	01:22	02:27	00:13	<b>06:31</b> <b>1,003</b>	3,267	177	70%
Christina Gunning	6	<b>Mins:</b> <b>MEPs:</b>	00:30	01:07	01:32	01:19	01:43	00:24	<b>06:35</b> <b>996</b>	3,314	183	70%
sue wierzbicki	4	<b>Mins:</b> <b>MEPs:</b>	00:18	01:39	02:23	01:13	00:38	00:10	<b>06:21</b> <b>796</b>	2,734	191	65%
Larissa Bryan	5	<b>Mins:</b> <b>MEPs:</b>	00:29	01:31	02:18	01:06	00:47	00:01	<b>06:12</b> <b>757</b>	2,590	174	65%
mark watson	5	<b>Mins:</b> <b>MEPs:</b>	04:09	02:59	02:24	00:50	00:08	00:00	<b>10:30</b> <b>649</b>	3,847	168	54%
phil pafford	5	<b>Mins:</b> <b>MEPs:</b>	00:41	01:03	01:02	01:22	00:38	00:02	<b>04:48</b> <b>593</b>	3,383	182	65%
Brooke Bryan	3	<b>Mins:</b> <b>MEPs:</b>	00:04	00:19	00:42	01:00	00:55	00:17	<b>03:17</b> <b>571</b>	2,818	184	74%
Nick Hamstead	4	<b>Mins:</b> <b>MEPs:</b>	00:27	01:14	01:16	01:19	00:18	00:02	<b>04:36</b> <b>543</b>	2,829	166	64%
Alexandria Ansell	4	<b>Mins:</b> <b>MEPs:</b>	00:10	00:28	00:33	00:30	00:55	00:33	<b>03:09</b> <b>536</b>	1,602	183	74%
Liam Dobbin	6	<b>Mins:</b> <b>MEPs:</b>	01:27	02:54	01:53	00:19	00:02	00:00	<b>06:35</b> <b>465</b>	2,730	145	56%
Rowanne Cumbley	3	<b>Mins:</b> <b>MEPs:</b>	00:29	01:23	00:42	00:28	00:41	00:08	<b>03:51</b> <b>447</b>	1,632	186	64%
Rose Joseph	3	<b>Mins:</b> <b>MEPs:</b>	00:21	00:11	00:42	01:21	00:17	00:00	<b>02:52</b> <b>406</b>	1,327	162	68%
Daniel Van Gelder	2	<b>Mins:</b> <b>MEPs:</b>	00:00	00:04	00:49	00:50	00:14	00:05	<b>02:02</b> <b>328</b>	1,148	143	72%
Kelly Sanders	3	<b>Mins:</b> <b>MEPs:</b>	01:35	00:31	00:44	00:35	00:22	00:00	<b>03:47</b> <b>312</b>	886	161	56%

Niamh Moreton	2	<b>Mins:</b>	00:00	00:08	00:30	00:32	00:25	00:04	<b>01:39</b>	894	180	73%
		<b>MEPs:</b>		8	60	96	100	16	<b>280</b>			
sophie Scott	3	<b>Mins:</b>	00:20	00:47	00:27	00:11	00:15	00:13	<b>02:13</b>	878	186	64%
		<b>MEPs:</b>		47	54	33	60	52	<b>246</b>			
Matthew Mayes	1	<b>Mins:</b>	00:00	00:03	00:13	00:17	00:16	00:10	<b>00:59</b>	681	175	78%
		<b>MEPs:</b>		3	26	51	64	40	<b>184</b>			
Richard Gooding	2	<b>Mins:</b>	00:05	00:09	00:06	00:03	00:11	00:18	<b>00:52</b>	632	177	75%
		<b>MEPs:</b>		9	12	9	44	72	<b>146</b>			
Priscilla Thornber	2	<b>Mins:</b>	00:00	00:00	00:04	00:13	00:13	00:03	<b>00:33</b>	315	172	78%
		<b>MEPs:</b>		0	8	39	52	12	<b>111</b>			